### Barista

MILK OPTIONS: WHOLE, ALMOND, OAT, OR COCONUT

**COFFEE \$3 / \$4** ICED COFFEE \$4 / \$5

**AMERICANO \$5** CAPPUCCINO \$4.50

ESPRESSO \$3 CORTADO \$4

LATTE \$5 ICED LATTE \$5

**MATCHA \$5.50 GOLDEN MILK \$5.50** 

**GOLDEN MATCHA \$8 CHOCOLATE SHROOM MILK \$6** 

**GOLDEN COFFEE \$7.50 CHOCOLATE SHROOM COFFEE \$8** 

CHAI \$5.50 HERBAL TEA \$3/\$4.50

> lemon ginger, moroccan mint. english breakfast, or crimson red berry

## Beus

**EVERYBODY WATER \$4 CHLOROPHYLL WATER \$6 SAN PELLEGRINO SPARKLING WATER \$3** FLAVORED SAN PELLEGRINO \$3 KOMBUCHA \$4.50 **ICED TEA \$4** 

flavors vary



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#### CONSUMER ADVISORY

consuming raw or undercooked meat, poultry, seafood, shellfish or egg may increase your risk of food borne illness. our kitchen works with tree nuts, milk, egg and wheat. while we take steps to avoid cross contamination we can not quarantee any of our products are safe to consume by people with peanut, tree nuts, milk, egg or wheat allergies.

Snacks

**VEGAN CHOCOLATE CHIP COOKIE \$5** 

with walnuts

PB BOMBS \$5

**PECRAN BITES \$5** 

**VEGAN OREO CAKE \$8** 

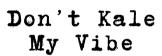
**VEGAN CARROT CAKE \$8** 

SIETE TORTILLA CHIPS \$2.50

flavors vary

POTATO CHIPS \$2.50

flavors varv



### SAVE TIME. **SKIP THE LINE!**

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# Smoothies

#### Enhancements:

MACA · MATCHA · SPIRULINA +2 COLLAGEN · PROTFIN POWDER · DEVB (GREENS) +\$2.50

#### **HOUSE SMOOTHIE \$9.50**

kale, spinach, pineapple, mango, banana, flax & hemp seeds

#### **BABY BLUE \$11.50**

banana, oat milk, blue spirulina, maca, vanilla protein & peanut butter

#### STRAWBERRY GLOW \$11.50

strawberry, banana, oat milk, collagen powder. ginger & maple syrup

#### PINEAPPLE COLADA \$9.50

pineapple, banana, greek yogurt, coconut milk, honey & shredded coconut

#### **ALMOND JOY \$11.50**

banana, almond butter, coconut milk, dates, vanilla extract, coconut flakes & chocolate protein

#### PB ESPRESSO \$10

espresso, peanut butter, bananas, dates & almond milk

#### **BIG PINK \$11.50**

strawberry, banana, almond milk, almond butter, cinnamon, chia seeds & vanilla protein

#### **BLUEBERRY BLISS \$9.50**

blueberry, banana & fresh orange juice

#### DAILY DOSE \$13.50

blueberry, strawberry, banana, oat milk, cinnamon, chia seeds, vanilla protein & DFVB

#### CARROT KIDS \$9

CHOICE OF STRAWBERRY OR CHOCOLATE

**STRAWBERRY** - strawberry, banana & almond milk CHOCOLATE - banana, cacao powder, honey & almond milk



Fresh Juices

CELERY \$9 · ORANGE \$9 · CARROT \$9 **APPLE. GINGER & MINT \$9** 

IRON MAN \$9.50 / \$12.50

kale, spinach, lemon, ginger, cucumber, apple & celery

CARROT VISION \$9.50 / \$12.50

carrot, apple, ginger & turmeric

HEALTHY HABIT \$9 / \$12

pineapple, carrot & orange

BEET BOX \$9.50 / \$12.50

beet, apple, ginger, pineapple, carrot & lemon

# Smoothie Bowls

#### PARADISE BOWL \$12.50

organic acai topped with GF granola, fresh mango, pineapple, strawberries, coconut, chia seeds & honey

#### PB LOVER BOWL \$14

organic acaí topped with GF granola, fresh strawberries, blueberries, banana, sliced almonds, cacao nibs & coconut. drizzled with peanut butter & honey

#### CHOCOLATE LOVER BOWL \$15

chocolate protein blended with banana, almond butter, vanilla. cacao & almond milk. topped with banana, GF granola, cacao nibs, hemp hearts, sliced almonds & almond butter

# All Day Breakfast

#### BAGEL & SPREAD \$4 / \$5

plain or everything bagel plain cream cheese \$4 / veggie cream cheese \$5 add an egg + \$2.50

#### CRAZY GOOD EGG WRAP \$13

pasture-raised eggs, quinoa, avocado, crumbled feta. kale. onion, peppers & tamari ginger dressing gluten-free wrap + \$2

#### **OVERNIGHT OATS \$11**

GF rolled oats, greek yogurt, unsweetened almond milk, maple syrup, chia seeds, cinnamon & chopped dates, topped with seasonal fruit, GF granola & almond butter

#### **ULTIMATE EGG SANDWICH \$12**

toasted bagel, pasture-raised egg, monterey jack, mixed greens, avocado, tomato, olive oil & red pepper flakes

#### **BREAKFAST BOWL \$15**

brown rice & guinoa topped with black beans, roasted mixed vegetables. sliced avocado & two eggs with tamari ginger dressing add feta or monterey jack + \$2

#### YOGURT PARFRAIT \$10

plain greek yogurt, fresh seasonal fruit, honey & GF granola

### Taasts

#### **AVOCADO TOAST \$10**

toasted sourdough with smashed avocado, topped with superseed blend & red pepper flakes add an egg + \$2.50

#### **POWER TOAST \$10**

toasted sourdough with almond or peanut butter, topped with sliced banana, cinnamon, chia seeds & honey

#### BERRY GOOD TOAST \$10

toasted sourdough with almond or peanut butter. topped with sliced strawberries, blueberries, cinnamon, chia seeds & honey

#### THAT'S MY JAM \$9

toasted sourdough with almond or peanut butter, topped with seasonal jam

#### **TUNA MELT \$15**

toasted sourdough, smashed avocado, tuna salad, sliced tomato & melted cheese

#### **BUFFALO CHICKEN \$13**

toasted sourdough, smashed avocado & buffalo chicken salad add melted cheese + \$2

### Salads

#### MAMA BIRD \$14

mixed greens, romaine, carrot, cucumber. sunflower seeds, chopped pistachio, dried cranberry & hemp seeds. tossed with apple cider vinaigrette

#### KALE + BRUSSELS \$14

a blend of kale & shaved brussels sprouts with toasted almonds & pecorino cheese. tossed with lemon dill dressing

#### POWER CHOP \$14

mixed greens, kale, chickpeas, avocado, diced apple, tomato, red onion, red cabbage, carrot, chopped bell peppers, sweet potato & roasted pumpkin seeds. tossed with cilantro lime vinaigrette

#### **HUMMUS SALAD \$15**

romaine, mixed greens, chickpeas, quinoa, tomato, cucumber, feta & kalamata olives. all mixed with hummus & topped with a sprinkle of cayenne pepper

#### **CHOPPED MEXICANA \$16**

romaine, black beans, roasted corn, avocado. red onion, chopped bell pepper, tomato, cilantro, & feta. tossed in cilantro-lime vinaigrette

#### **GARDEN AVOCADO \$14**

kale, romaine, red onion, tomato, cucumbers & half of a superseed encrusted avocado. tossed with vegan ranch dressing

#### **VEGAN CAESAR \$16**

romaine, chickpeas, sourdough croutons, avocado, roasted brussels sprouts, roasted broccoli & hemp seeds, tossed with vegan caesar dressing

### Add-Ons:

#### Protein:

OVEN ROASTED SALMON \$10 OVEN ROASTED HADDOCK \$8 **ROASTED FREE RANGE CHICKEN \$6 BUFFALO CHICKEN SALAD \$6** TUNA SALAD \$6 HOUSE MADE BLACK BEAN BURGER \$7 **TURKEY BURGER \$7** MARINATED TOFU \$5

#### PLAIN / SPICED Dressing:

X CILANTRO-LIME

₩ HOUSE PESTO ₩ LEMON DILL

TAHINI

CHICKPEAS \$4 / \$5

√ ¥ VEGAN RANCH

# Wraps & Sandwiches

#### THE VEDGE WRAP \$14

hummus, quinoa, mixed greens, avocado, tomato. carrot, cucumber, roasted broccoli & chickpeas with tahini dressina

#### MIAMI ROB WRAP \$17

haddock, brown rice, avocado, monterey jack, carrots, mixed greens & scallions with tamari ginger dressing

#### CHICKEN MOJO WRAP \$15

free-range chicken, guinoa, avocado, mixed greens. sweet potato & monterey jack with spicy aioli spread

#### FRANKIE WRAP \$15

free-range chicken, brown rice, black beans, tomato, red onion, bell peppers & monterev jack with hot sauce

#### **MEDITERRANEAN WRAP \$15**

free-range chicken, hummus, brown rice, carrots, cucumber, tomato, mixed greens, kalamata olives & feta

#### TUNA SALAD WRAP \$14

tuna salad, quinoa, mixed greens, tomato, carrot, cucumber & avocado

#### **BUFFALO CHICKEN SALAD WRAP \$15**

buffalo chicken salad, brown rice, mixed greens, carrot & monterey jack with ranch spread

#### **HOUSE MADE BEAN BURGER \$16**

black bean burger topped with Monterey Jack, avocado, onion jam & carrot slaw. served on sweet potato bun

#### **TURKEY BURGER \$16**

our homemade fresh ground turkey burger topped with monterey jack, mixed greens, red onion, tomato & spicy aioli. served on sweet potato bun

## Pizza

10" GLUTEN FREE CAULIFLOWER CRUST

### CHEESE \$14

CHICKEN, BROCCOLI, CHEESE \$18 KALE, PESTO, CHICKEN, CHEESE \$18

## Power Bowls

#### **SALMON BOWL \$24**

oven-roasted Salmon with a blend of guinoa, cauliflower rice with toasted almonds, kale, shaved brussels sprouts, scallions, tomato & avocado, topped with sesame seeds, hemp seeds & tamari ginger dressing

#### PESTO BOWL \$18

free-range roasted chicken or marinated tofu, with a blend of brown & cauliflower rice with toasted almonds, roasted broccoli, kale & house pesto \*pesto contains nuts\*

#### CHICKEN & RICE BOWL \$18

free-range roasted chicken, brown rice, guinoa, kale, avocado, roasted corn & feta tossed in lemon dill dressing

#### SOUTHWEST BOWL \$17

black beans, brown rice, roasted sweet potato, roasted corn, avocado, cilantro, & feta. tossed with cilantro lime dressing

#### **VEGAN BOWL \$18**

a blend of guinoa & cauliflower rice with toasted almonds, kale, shaved brussels sprouts, roasted sweet potato, roasted broccoli, golden raisins & scallions, topped with hemp seeds, spiced chickpeas & tossed with vegan ranch dressing add hummus + \$2

## Sweet P

LOADED BAKED SWEET POTATO ADD MELTED MOZZARELLA +\$2 ADD DRESSING +\$1

### PLAIN BAKED \$5

ROASTED CHICKEN, BROCCOLI & AVOCADO \$14 BLACK BEANS, ROASTED CORN & PEPPERS \$13 **BUFFALO CHICKEN SALAD \$13 TUNA SALAD \$13** 

#### PB DREAM \$13

loaded with peanut butter, sliced bananas & chocolate chips. topped with maple syrup & cinnamon add granola + \$2





